

What is claimed is:

1. An optical sheet produced by injection molding method, wherein stresses on surface layers of two opposing main planes is up to 200 kg/cm^2 .

2. An optical sheet according to claim 1, wherein a difference of stress on surface layers of two opposing main planes is within 20%.

3. An optical sheet according to claim 1 or 2, wherein area of the main plane is 4000 cm^2 or more, and thickness is 4 mm or less.